

ALSO INCLUDES 6 PAGES OF
Community News!
 STARTING ON PAGE 8

WINOOSKI SCHOOL DISTRICT NEWS!

AUGUST 2018

celebrating Our Achievements!



SAVE THE DATE!

WSD Back-to-School Family BBQ

- **When:** Thursday, August 23rd, 5:30-7:00pm
- **Where:** Winooski School Caf 
- **Who:** All families and staff members
- **Why:** To celebrate the beginning of the 2017-18 school year, meet teachers and enjoy a delicious BBQ dinner

*Preschool to 12th grade welcome!
 We hope you can join us!*

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Getting Ready for School

By Sean McMannon, Superintendent of Schools

It is important to soak up every last wonderful summer moment and to begin preparing our students and ourselves to get back into the school routine. First, I want to remind you of some important August school dates:

- **WSD Back-to-School Family BBQ:** Thursday, August 23rd, 5:30 pm, WSD Caf 
- **1st Day for K-5th graders:** Wednesday, August 29th, 8:00-3:00
- **1st Day for 6th and 9th graders:** Wednesday, August 29th, 8:00-12:15
- **1st Day for All Students:** Thursday, August 30th, 8:00-3:00

Second, I would like to ask for your help in preparing our students for the transition back to school. Here are a few helpful tips to provide a smooth return to school from the following resources:

- <http://www.webmd.com/parenting/family-health-12/back-to-school-prep?page=1>
- http://kidshealth.org/parent/positive/learning/back_school.html#

Battling the Butterflies

As with any new or potentially unsettling situation — like starting school for the first time or entering a new grade or new school — allow kids time to adjust. Remind them that everyone feels a little nervous about the first day of school and that it will all become an everyday routine in no time.

Emphasize the positive things about going back to school, such as hanging out with old friends, meeting new classmates, buying cool school supplies, getting involved in sports and other activities. It's also important to talk to kids about what worries them and offer reassurance: Are they afraid they won't make new friends

or get along with their teachers? Is the thought of school work stressing them out? Are they worried about the bully from last year?

Although it's normal to be anxious in any new situation, a few kids develop real physical symptoms, such as headaches or stomach aches, associated with the start of school. If you're concerned that your child's worries go beyond the normal back-to-school jitters, speak with your child's doctor, teacher, or school counselor.

Re-Establish School Routines

Use the last few weeks of summer to get into a school-day rhythm. "Have your child practice getting up and getting dressed at the same time every morning," suggests school psychologist Kelly Vaillancourt, MA, CAS. Start eating breakfast, lunch, and snacks around the times your child will eat when school is in session. It's also important to get your child used to leaving the house in the morning, so plan morning activities outside the house in the week or two before school. Finally, make sure students get enough sleep, eat a healthy breakfast (free breakfast is served for all WSD students each morning) and have them organize and set out what they need the night before. Homework and books should be put in their backpacks by the door and clothes should be laid out in their bedrooms.

Nurture Independence

Once the classroom door shuts, your child will need to manage a lot of things on his own. Get him ready for independence by talking ahead of

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NOTES FROM THE CENTRAL OFFICE



time about responsibilities he's old enough to shoulder. This might include organizing his school materials, writing down assignments, and bringing home homework, says Nicole Pflieger, school counselor at Nickajack Elementary School in Smyrna, GA.

Even if your child is young, you can instill skills that will build confidence and independence at school. Have your young child practice writing her name and tying her own shoes. "The transition to school will be easier for everyone if your child can manage basic needs without relying on an adult," Pflieger says.

Create a Launch Pad

"Parents and teachers should do whatever they can to facilitate a child being responsible," says Pflieger, who was named School Counselor of the Year by the American School Counselor Association in 2012. At home, you can designate a spot where school things like backpacks and lunch boxes always go to avoid last-minute scrambles in the morning. You might also have your child make a list of things to bring to school and post it by the front door.

Set Up a Time and Place for Homework

Head off daily battles by making homework part of your child's everyday routine. Establish a time and a place for studying at home. "Even if it's the kitchen table, it really helps if kids know that's where they sit down and do homework, and that it happens at the same time every day," says Pflieger. As much as possible, plan to make yourself available during homework time, especially with younger kids. You might be reading the paper or cooking dinner, but be around to check in on your child's progress. Encourage kids to:

- develop good work habits from the get-go, like taking notes, writing down assignments, and turning in homework on time
- take their time with schoolwork
- ask the teacher if they don't understand something

Make it a Family Affair

Together, you and your child can plan for success in school. For instance, sit down with your child to create a routine chart. Ask your child what she wants to do first when she first gets home from school: play outside or do homework? Her answers go on the chart. "The more kids have ownership in creating a routine for themselves and setting expectations, the more likely they are to follow it," says Vaillancourt.

Whether their summer was jam-packed with activities or filled with complaints about being bored with nothing to do, kids

often have a tough time making the back-to-school transition.

After-School Plans

School gets out before most working parents get home, so it's important to figure out where your children will go, or who will be at home, in the afternoons. You might find an after-school program through the school itself, a local YMCA, or a Boys and Girls Club. If possible, try to arrange your schedule so you can be there when your child gets home during those first few days of school. It may help your child adjust to the new schedule and teachers.

Talk to the Teachers

Of course, teachers are the reason your child is there. To ensure kids get the most out of school, maintain an open channel of communication with the teachers by e-mailing or talking with them throughout the school year to discuss your kids' academic strengths as well as weaknesses.

When you talk to your child's teachers, ask about their approach to homework. Some teachers assign homework so kids can practice new skills while others focus on the accuracy of the assignments they turn in. Ask for the dates of tests and large assignments so you can help your child plan accordingly. For instance, if you know a big test is coming up on Friday morning, you will know to keep things simple on Thursday evening.

Notify School of Medical Issues

- Have your kids received all necessary immunizations?
- Have you filled out any forms that the school has sent home, such as emergency contact and health information forms?
- Do the school nurse and teachers know about any medical conditions your child may have, particularly food allergies, asthma, diabetes, and any other conditions that may need to be managed during the school day?
- Have you made arrangements with the school nurse to administer any medications your child might need?
- Do the teachers know about any conditions that may affect how your child learns? For example, kids with attention deficit hyperactivity disorder (ADHD) should be seated in the front of the room, and a child with vision problems

Most of all, whether it's the first day of school or the last, make sure your kids know you're there to listen to their feelings and concerns, and that you don't expect perfection — only that they try their best. Thank you for working with WSD to benefit our students!

School Board Update

By Tori Cleiland

Another school year is around the corner! Mid-way through last year a new reporting system was rolled out in the middle and high school to communicate student learning. The new reporting system was built on seven years of hard, thoughtful work moving from a traditional educational system to a proficiency educational system. What's the difference? Traditional education comes from a long history built on the mindset of youth as empty vessels to be filled by hearing a teacher talk, reading, and homework. The classes we took (most required) determined what we would learn. Then we took a test to see how full our vessel was of important knowledge someone else deemed important. Then we were given a grade, A-B-C-D-F. We all have assumptions about what those grades mean but were you ever clear about what skills you accomplished and what knowledge you gained (besides memorizing facts you'd forget later or how to stay up late writing an essay or cramming for an exam last minute)? Did you have to DO something with the skills and knowledge to show how it mattered in the world? Traditional education also has a long history of not only being ineffective for students whose lives are touched by poverty, race or disabilities, but also being harmful. Traditional education also wasn't designed to have the student in the center of their education being an active participant.

This is where Proficiency Education comes in. Proficiency education is built on clarity for the skills and knowledges students will need to be successful in their future. Because the skills and knowledges are clear, students can tackle any topic, which puts them at the center of their learning using their voice and choice, to show how they are meeting our GXs and GPs. So what are GXs and GPs?

GXs are transferable skills; skills that a student can use successfully in career and life. For Winooski, our GXs are: Persistence, Critical Thinking/Problem Solving, Wellbeing, Communication, Culture and Community and Creativity. Our students have to show these skills in pursuit and demonstration of gaining knowledge.

So what is the knowledge they have to gain? It's kinda like the main subjects we're use to in traditional education. Remember the 3 R's, readin', 'ritin', and 'rithmetic? It's kinda like that but with way more clarity and details. Winooski calls the knowledge students need to gain Graduate Proficiencies (GPs). There are 19. Here's the list: Civics, Civil Discourse, Critical Reading, Cross-Cultural Engagement, Financial Literacy, Goal Setting, Historical Inquiry, Human Body, Mathematical Reasoning, Natural World, Non-Native Language, Performing Arts, Physical Health, STEM Design, Scientific Reasoning, Social-Emotional Health, Speaking, Visual Arts and Writing.

Students have to show Ready for College and Career in each of the GXs and GPs to graduate from Winooski High School. There are statements for each GX and GP determining what it means to be proficient (competent) and advanced for each one.

Here's why this clarity for skills and knowledges is important:

- Our small school, which emerged as a point of pride from our community conversations, isn't able to offer a multitude of courses like other traditional schools in our area. Plus, traditional schooling isn't effective for our student population or cost effective for our taxpayers.

Students have the pathway to graduation laid out before them starting in 6th grade. They have the ability to know what's ahead and the clarity of practice starting in middle school.

- Students can choose what they learn based on their interests and teachers can facilitate their learning path toward the GXs and GPs to show proficiency.
- Students get to become active participants and owners of their education with the skilled facilitation and guidance of our faculty.

To learn more about our new reporting, teaching and learning system, called Proficiency Education, please watch our April 11th board meeting on RETN. It's in the section Focus on Learning.

Take such good care, and as always, be in touch with questions and feedback.

*Nothing in this world can
take the place of persistence.*

*Talent will not: nothing
is more common than
unsuccessful men with talent.*

*Genius will not:
unrewarded genius is
almost a proverb.*

*Education will not:
the world is full of
educated derelicts.*

*Persistence and
determination alone
are omnipotent.*

— CALVIN COOLIDGE

Miss a School Board Meeting? Watch Online!

You can watch Winooski School Board meetings online on your own schedule! Visit www.retn.org and click on "Meetings" under the "Watch" heading. You will find Winooski School Board listed alphabetically at the bottom of the list of area schools.

Stay in the Loop — Join the Front Porch Forum

It's a free and easy online way to get on the local grapevine,



connect with neighbors, and build community. You can post and read about block parties, neighborhood watches, lost dogs, plumber recommendations, helping neighbors in need, free furniture, and all kinds of good stuff. Check it out at www.frontporchforum.com.

CITY AND SCHOOL ANNOUNCEMENTS



Winooski Wednesdays 2018

By Zack Smithwood, Community Outreach Coordinator

The City of Winooski Department of Recreation & Parks is excited to announce Winooski Wednesdays: a free summer concert series in Rotary Park! This summer, join us in Rotary Park every first Wednesday of the month for a free outdoor concert. Bring a picnic! These events are free and open to all.

- Shows start @ 6 pm
- Monkey House Beer Garden open (cash only)
- Free meals for kids 18 and younger
- Specials by participating Winooski businesses (see city website at www.winooski.org/winooski-wednesdays-2018/)

Featuring:

- **8/1: The Coretet** - <http://bit.ly/wwACQ>
- **9/5: Thunder Kittens** - <http://bit.ly/wwthunderk>
- **10/3: The Tenderbellies** - <http://bit.ly/wwtenderb>

Special thanks to Downtown Winooski for co-sponsoring these events, The Monkey House for donating their bar services, and Waterworks Food + Drink for donating their amazing sound system.

Youth Football

The Department of Recreation & Parks is excited to announce the 2018 Co-ed Winooski Youth Football season!

Our program aims to teach 1st – 4th graders the basics of flag football and 5th – 8th graders the basics of tackle football. Our skill-building exercises give participants an opportunity to play football in a fun and competitive environment that welcomes different skill levels! This is an excellent opportunity for Winooski youth to get involved with locally operated football fun and excitement.

- Aug. 13th, 2018 – early November
- 1st – 4th graders (Flag)
- 5th – 6th graders (Tackle)
- 7th – 8th graders (Tackle)
- Practices: Tue/Thurs/Fri 5:30 PM – 7:00 PM @ JFK
- August 13 – 17 and August 20 – 24 practices every day
- Games: Saturdays (times TBD)

To learn more and sign up today, visit <http://bit.ly/2KLuxxs>.

Call or email the Department of Recreation and Parks with questions regarding this program: 802 777 1621 / recreation@winooski.org.

Urban Campout

Join the City of Winooski Department of Recreation and Parks for an Urban Campout!

- August 11 @ 7 PM to August 12 @ 11 AM
- Casavant Park
- \$20 per tent

Registration deadline is August 4th!

Enjoy a night under the stars in Casavant Park with your neighbors and friends! There will be a campout, games, a moonlight walk, campfire, & s'mores!

You must bring a tent for your family and sleeping gear. No alcohol, no smoking, or pets. Kids under 18 must be accompanied by an adult!

To learn more and sign up today, visit <https://goo.gl/kSFJf9>.

Call or email the Department of Recreation and Parks with questions regarding these programs: 802 777 1621 / recreation@winooski.org

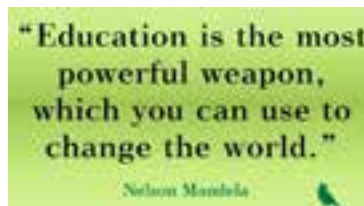
Preschool Spots Available!

- Do you have a child that will be 4 years old before September 1st?
- Are you looking for a Preschool spot in Winooski?

Our program offers Preschool from Monday-Friday, 8am-2pm, free meals and transportation (if necessary).

Call 802-655-1422 or email mkerkering@howardcenter.org for more information!

Dollars For Scholars Volunteers Needed



If you'd like to be involved on our fabulous team or make a donation - we would welcome you to contact us at winooskidfs@gmail.com.

Legal Records

Per the Vermont State Board of Education the Special Education Office of the Winooski School District hereby gives notification of the destruction of Special Education records of many students who graduated or attended the tWinooski Schools during the following school years: 2008 to 2010.

Be advised that select information from these Special Education records may be useful later for non-educational purposes such as qualifying for social security benefits.

If you wish to collect these records before they are destroyed, please contact Sandy Castle at 802-383-6009. The deadline is 30 days from this ad.

JFK Elementary Update

By Sara Raabe, Principal

JFK has been a busy place this summer. The maintenance and custodial staff have been working incredibly hard. They have deep cleaned the entire school, and done some needed maintenance work.

We had another successful summer school session. Incoming 1st - 5th graders came for four weeks of summer school this year. Our incoming Kindergartners came for two weeks of summer school. This gave them the chance to meet some of the teachers, and see the spaces where the classrooms are. Now that Kindergarten summer school is over, the kindergarten teachers will be making the kindergarten class lists. The goal of waiting is so that the teachers will know the students well enough to make balanced class lists for the 2018-19 school year.

As we look forward to the beginning of the 2018-19 school year, I wanted to take this chance to highlight a few important things for our families:

- The doors at JFK open at 7:45 a.m. There is no supervision before 7:45 a.m.
- School starts at 8:00am. Students are tardy if they arrive after 8:05 a.m.
- All classes end at 3:00 p.m. Students staying at school after 3:00 p.m. must be involved in a supervised activity.
- Families that regularly pick their student(s) up after 3pm will be asked to come into school for a meeting to make a plan to ensure their student(s) is picked up by 3:00 each day.
- All students' personal cell phones and electronics are to be off and away during the school day.

We work hard to involve our families in their student(s) school experience, and have multiple ways we do this.

- Over the summer, teachers sent letters to each student and their family. In the letter were ways that families could volunteer at school. Please contact your student(s) teacher(s) if you would like to volunteer in the classroom.
- If you are a community member with a expertise in something and would like to volunteer at school, please email me. We love to have community members be a part of our school.
- **JFK Facebook Page:** Pictures and information are posted on the JFK Facebook page frequently. Like the page to get updates.
- **JFK Newsletter:** Each Friday, I write a letter home to families. This letter is sent home as a paper copy to each



Students pick books to take home at this summer's CLIF reading presentation.

student. It is also posted on the JFK Facebook page, and under my page on the WSD website.

- **Teacher Newsletter/Web Page:** The school expectation is that classroom teachers communicate with families via a paper newsletter or webpage weekly. Ask your student(s) teacher(s) about their method of communication
- **E-mail:** Every staff member has a school email. All emails follow the same format - firstinitiallastname@wsdschools.org (for example sraabe@wsdschools.org)
- **Telephone (655-0411):** This brings you to the main office. Please limit calling teachers during teaching hours unless it is an emergency.
- **ALERT Now:** ALERT Now is used for important communications such as snow days, delayed starts, etc. Please make sure to keep your phone numbers current with the JFK office to ensure you receive these messages.
- **District Newsletter:** The district newsletter is published monthly and delivered to every mailbox in Winooski. There are extra paper copies in several places in the school, including the community board by the front office.
- **Winooski School District website:** www.wsdschools.org

We are getting ready to welcome students and families back to school at the end of August.

August 24th is our back to school BBQ. We hope to see everyone there! The first day of school for K-5 is Tuesday, August 29th.

Enjoy the end of your summer. We are excited to see families and students when school starts!

MIDDLE/HIGH SCHOOL HIGHLIGHTS

Summer Enrichment, and Important Dates

By Leon Wheeler, Principal

The summer months can cause significant learning loss for many students. Quite a bit of research has been done on this problem which happens during extended breaks from school... like our 10 week summer break. The students who lose the most academically tend to be the ones who don't have many structured activities and don't engage in reading or writing during the time away from school. That's the bad news.

The good news is that there are ways to counter learning loss. Read. There are so many interesting books and magazines that everyone can find something fun, inspiring, and engaging. Our city library is open throughout the summer, and can help find things that you or your child would like to read. Start a journal. Write letters. Get involved in a local club or organization. Go to a camp.

We have quite a few students who are very actively engaging in summer learning, and it's likely that they'll experience little if any learning loss, and may well increase their learning, which is both incredible and quite rewarding. Here are a sampling of some of the learning experiences Winooski Middle and High School students have had during this summer:

- Circus Smirkus Circus Camp
- Governor's Institute of Vermont: programs in the Arts; Engineering
- Vermont Folklife Center ethnographic project, partnering with a high school in the Northeast Kingdom

- 21CLC After School Program, in collaboration with Burlington
- High School Math Lab
- Shader Croft Programs for both middle and high school
- Upward Bound at UVM
- Seeds Program at Lyndon State College
- National Gear Up Conference in Washington DC
- University of New England Career Exploration Weekend
- Youth Leadership Institute

As I write this article, looking out the window toward the central entrance and parking lot, the school is hopping with activity as students arrive for Shader Croft and the 21CLC program, and parents bring younger children for the Thrive program. Though it's a different pace here during the summer, Winooski Schools remain vibrant and alive. It's an honor and blessing to be part of this amazing community.

Some Important Dates:

- Thursday, August 23rd, 5pm - The Annual Welcome Back Barbeque!
- Wednesday, August 29th - 8:00-12:15 - Smart Start for Grades 6 and 9 only at WMHS
- Thursday, August 30th - Classes for all WMHS students. Keep your mind and body active, and have a great rest of your summer!

The Burlington/Winooski Middle School Summer Program

By Suzanne Skaflestad, CCLC Director

The Burlington/Winooski Middle School Summer Program is underway with nearly 50 students from Winooski attending the 5-week program. The students engage in a variety of programs that help support growth in the graduate expectations: critical thinking, communication, creativity, well-being, culture and community and persistence. Some of the classes that students are taking include: English language skills development, math and literacy classes, book club, print making and design, mind challenge, drone flight school, video production, graffiti art, scratch, sailing and more!

- In the **Scratch** class, students design and program their own video games and interactive stories using Scratch software.
- In the **Book Club**, students read and discuss their favorite books.
- In **Dungeons and Dragons**, the students use their creativity and curiosity to create their own characters.
- In **Chess**, students improve their skills, technique and overall game. Some students did not know how to play Chess and had fun learning how to play the game!
- The **Math Ahead** and **Literacy** classes reinforce critical reading, writing and math skills and help the students get ready for next school year.

The students in the **New Arrivals** program have already

confirmed they have developed their vocabulary as they learn about animals, vegetables, healthy food, modes of transportation and study math and science. The students are really looking forward to their weeklong field trip to Shelburne Farms where they will participate in hands-on activities.

The students are enjoying their classes and were happy to pose for some pictures!

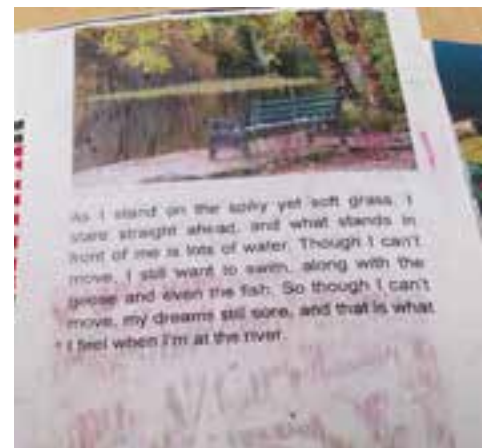
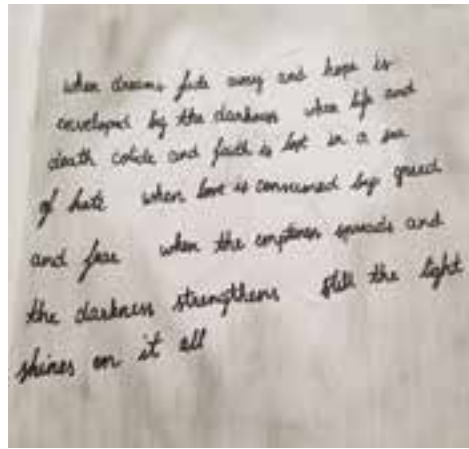


*The **Mind Challenge** program is designed to challenge students problem solving skills. **Graffiti Art** uses various materials to design cool works of art using graffiti techniques.*

Word Place and Around the World

By Amy Sherrer, WMS teacher

What a wonderful week! Twelve young Winooski artists joined Bennington College student Holly Sherrer and her mother, WMS teacher Amy Sherrer the week of June 25 for **Word Place** and **Around the World**. Mornings were dedicated to expression through place-based photography, writing, and drawing while afternoons focused on exploring a different continent each day through cooking, painting, dance, and music. WSD's own Mick Muscat (Australia) and John McKelvy (Europe) were welcomed as guest presenters. Winooski's graduate expectation (GX) in Creativity challenges students to express themselves through various media and apply their learning in new ways. Word Place and Around the World students practiced such creativity with gusto, and fun was had by all!



Winooski City Council Report

By Hal Colston, City Councilor



Three weeks before this past town meeting day, I decided to run for city council as a write-in candidate. I was elected and the hard work I put forth to achieve this was surpassed by the faith and trust of the Winooski citizens who voted for me. Serving on the Winooski City Council has been my first experience being elected to a public office. I am so

honored to be working with a council led by Mayor Seth Leonard and a staff led by City Manager Jessie Baker. John McKnight defines care as the consistent commitment of citizens to one another. The city council and staff work together with a single purpose - to make decisions with care in the best interest of the citizens of Winooski. It is truly an honor to serve.

The learning curve has been exciting and swift. The council and staff have worked hard to support a successful bond vote for a \$23 million Main Street revitalization project that will position our city for sustainable development that will lead us into the 21st century. On the heels of that successful vote the council has supported another bond vote of \$3.9 million to build a new swimming pool complex. Having served on the Community Service Commission and now its council liaison, I know how important this project is for our city. For me it's about life and death. Giving our young people the opportunity to learn to swim may prevent another tragic loss of life to the Winooski River.

There will be a public hearing at the August 6th city council meeting. The citizens of Winooski will vote on this bond on August 14, 2018.

At a recent council retreat with the staff, we reviewed and weighed in on the city's strategic vision. What surfaced was the need to better engage the rich diversity in our community so more of our neighbors have a voice in the decisions that impact our community. The council has decided that it wants to walk the walk and not just talk the talk. I will join Councilor Nicole Mace to identify resources to lead the council through implicit bias training.

When I ran for city council, one of the goals that I campaigned on was to inspire and engage the voices that are missing in our public discourse. These are the voices of New Americans as well as our neighbors struggling with a lack of resources. Winooski is the most diverse city in Vermont. Over 40% of the students in our school district are English Learners from countries all over the world. Our rich diversity is an asset as going forward this is a business imperative.

I believe the intended consequence of increased participation by our New American neighbors in the civic life of Winooski will be a stronger community and meaningful relationships. As Archbishop Desmond Tutu once said when he spoke at UVM years ago, "Diversity is the law of life." Our community will become what it ought to be when all of our residents have a voice that matters and feel they belong. This is my commitment going forward as your city councilor.

Important Dates in August

By Carol Barrett, City Clerk

- **Tuesday, August 14, 2018 is Primary Election Day**

The **Vermont State Primary Election** will take place on Tuesday, August 14th, 2018. Voting is to take place at the Winooski Senior Center from 7am to 7pm. To vote early or obtain an absentee ballot, voters can stop by or call Winooski City Hall, 27 West Allen Street (M-F, 7:30 am-4:30 pm)/ 802-655-6419. Voting information for Winooski residents can be found on winooskivt.org/voting.

Residents of the City of Winooski will have the opportunity to vote on a bond regarding the Myers Memorial Pool Renovation Project during the Vermont State Primary Election. The total cost of this project is \$3.92M. If funded solely by Winooski taxpayers, the impact of this project could be up to a \$0.082 increase in property taxes (an estimated \$185.49 annual increase on a \$225,000 home). To view comprehensive project details, please visit winooskivt.org/pool.

- **August 15th Taxes/Water/Sewer bills are due.** The office will be open from 7:30 am to 5:00 p.m. After hours, there is a drop box down in the Police Dept.
- **August 16th – City Offices will be closed** in observance of Bennington Battle Day.

Your City Officials	Email addresses	Telephone
Mayor Seth Leonard	sleonard@winooskivt.org	802-777-3381
Councilor Hal Colston	hcolston@winooskivt.org	802-655-6410
Councilor Eric Covey	ecovey@winooskivt.org	802-825-8789
Councilor Kristine Lott	klott@winooskivt.org	802-766-1988
Councilor Nicole Mace	nmace@winooskivt.org	802-363-7777
City Manager Jessie Baker	jbaker@winooskivt.org	802-655-6410

Visit the city website at winooskivt.org or call 802-655-6410.

Keep up to date with announcements and news:



LIKE US ON FACEBOOK We are "City of Winooski - Government"

FOLLOW US ON TWITTER We are @winooskivt

International Day of Peace "Peace Day"

By Sr. Pat Mckittrick

What is the International Day of Peace "Peace Day"?
September 21st is the date chosen by the United Nations and is observed around the world to strengthen our ideals of peace. We want to think about this locally and globally.

We read in the Sustainable Development Goals, adopted by the United Nations Member States: #16. Sustainable Development Goal: "Peace, Justice and Strong Institutions" calls for promoting peaceful and inclusive societies for sustainable development, providing access to justice for all and building effective, accountable and inclusive institutions at all levels.

A peaceful society is one where there is justice and equality for everyone. Peace will enable a sustainable environment to take shape and a sustainable environment will help promote peace"

Our Winooski Community is rich in diversity. We are blessed with many people coming from different countries throughout the world. How will we live this experience fully? According to Paul Born there are 4 important elements to building a strong community:

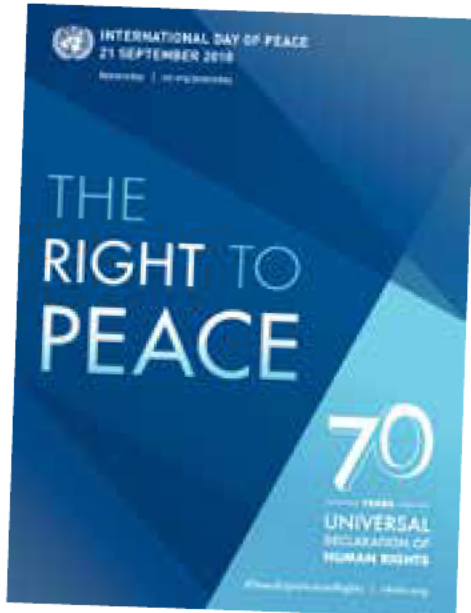
- 1) Sharing our stories
- 2) Taking the time to enjoy one another
- 3) Taking care of one another
- 4) Working together for a better world.

In preparation for International Day of Peace, let us think of what our contribution to the community will be. What does a more peaceful community look like?

The Winooski Peace Initiative in collaboration with the Winooski School District and the Winooski Police Department and other community partners look forward to celebrating "Peace Day" in September. More details to be announced soon.

For more information on International Day of Peace, visit <http://www.un.org/en/events/peaceday/100days.shtml>

If you would like to share ideas or support this day in any way, please contact: Sr. Pat at 847-6534 or pat.mckittrick@uvmhealth.org



Winooski Memorial Library

By Elsie Goodrich, Youth Services Coordinator

Greetings from the Winooski Memorial Library.

The summer reading program, **Libraries ROCK** is in full swing! It's not too late to sign up for the reading challenge to win cool prizes like passes to the Fun Zone at Spare Time, fidget spinners, candy and more! Children grades K-8 read 3 or more books to get a free pass to the Champlain Valley Fair for Kid's Day, Monday, August 27th. There are fun musical crafts, games and activities every day at the library so come check it out! Free meals are served Tuesday-Saturday for youth 18 and under.



- **Friday, August 17th**, at 1pm, meet a nature educator from the Vermont Institute of Natural Science (VINS) for a hands on program: Why do owls hoot? What are those hawks talking about? How do scientists find out what birds are saying? Join VINS this summer at your library and meet some of these talkative hawks, falcons, and owls up close! We'll practice identifying raptors by their calls, learn what these vocalizations might mean, and how they are made. You've never heard bird song like this! Free and open to all.
- **Self Care story time and playgroup will be Tuesday mornings** 10am-12pm August 7th, 14th, and 21st. Join the Winooski Memorial Library and the Winooski Family Center for a playgroup with fun crafts and games for kids 0-6 and self care activities and goodies for the caregivers. This series will be outside, behind the library with a rain location of the Family Center playroom in the O'Brien Community Center. Come meet other kids and caregivers and take some time for self care!
- **Vermont Reads 2018**, the state wide, one book community reading program will be *Bread and Roses, Too* by Katherine Paterson. The Winooski Memorial Library, Winooski Mill Museum, St. Francis, Winooski School District, and the Winooski Peace Initiative will be hosting informative and fun events for the whole community starting soon. Students at the schools will be reading copies of the book generously provided by the Vermont Humanities Council, and creating projects and activities about the book and the labor movement. Celebrate immigration, labor songs and history, the labor movement at the mill in Lawrence, Massachusetts and how that relates to our history in Winooski at the Heritage Mill Museum. This exciting state wide celebration of literature is a fun way to engage in a multi-generational history experience, so pick up a copy from the Winooski Memorial Library to read today.

Happy Reading!

The Winooski Memorial Library is located at 32 Malletts Bay Avenue in the O'Brien Community Center. 802-655-6424

HOURS: Tuesday • Wednesday • Thursday: 10am to 6:30pm, Friday: 10am to 6:30pm • Saturday: 10am to 2pm • Sunday/ Monday: Closed

Partnership for Prevention

By Jackie Hoy

Winooski kids had a productive summer at the Winooski Partnership for Prevention, thanks to all the hard work from our youth intern, Lukas, and our new youth board member, Stephanie!

Lukas joined us again this summer to help promote our mission and to gain skills to be an ambassador for prevention among peers. Stephanie is a high school student at the Winooski School District and she has recently joined our board to help us connect with kids in the school. Both Lukas and Stephanie have been valuable additions to our team!

Resources for Parents at Winooski Farmers Market

Going to the farmers market this weekend? Check out our new materials available at the information stand! Our rack card features tips for parents on how to talk to kids about substances.

One tip is to check in with kids often. We may think that conversations about substances need to happen only once, but kids are always evolving and moving into different phases of their lives. We can support them by being available for questions and listening to their concerns. More tips for parents can be found at the farmers market, they're free and available for everyone!



Winooski Youth Making a Difference

Winooski Above the Influence members recently presented at a Winooski Planning Commission meeting to raise awareness about how tobacco and alcohol advertising affects the health of their peers. The kids advocated for a healthy community free of tobacco advertisements in windows and outside of shops, particularly near the school and in places where youth congregate.

“There are a lot of advertisements [for tobacco and alcohol] that make it seem like a normal, daily thing for a lot of Winooski members.” – Above the Influence Member

Exposure to advertisements matters. Frequent exposure to product placement and ads for tobacco is a stronger predictor of youth experimentation than what peers think or do. After their presentation, the kids answered questions about how the city can make a difference in the health of the community. One Above the Influence member answered to promote health and accurate information over tobacco products.



Conversations About Marijuana: What are Kids Hearing?

Personal marijuana use, with restrictions, became legal in Vermont in July. Conversations about marijuana can increase a teen's perception that “everyone is doing it”, and the normalization of use can lead to teen experimentation. Marijuana can harm the developing brain, however, and our brains continue to develop until about the age of 25.

Parents and trusted adults are strong protective factors in a child's life, and conversations about substances can help a teen feel supported in making healthy decisions. These conversations have incredible impact on youth, and, in fact, kids who choose not to use substances list the number one reason as “they don't want to disappoint their parents.”

Looking for tips on how to talk to kids about substances, including marijuana? Visit ParentUp VT at www.parentupvt.org.

School is Starting Soon, Join us for Above the Influence!

In the Winooski Above the Influence (ATI) group, students will have fun, meet other students, gain public speaking skills, and increase their knowledge. Students will spend time looking at some of the many types of messages they are faced with on a daily basis, and will be provided information and experience to decide for themselves what is true and right and what they value.

Students will learn and practice these skills in many ways, including:

- Art and graphic design projects
- Community service
- Recording public service announcements
- Attending and speaking at public meetings
- Making decisions
- Contributing positively to the health of their community

Students will also have opportunities to travel and increase their skills in these areas both around the state and to regional conferences, free of charge.

ATI is coordinated by the Winooski Partnership for Prevention in collaboration with the Winooski School District 21st CCLC after school program. ATI will be under the supervision of Kyung Choi, the youth engagement coordinator. The Winooski Partnership for Prevention has been providing youth programming in Winooski since 2003. If you have any questions or concerns, please contact Kyung Choi at kchoi@winooskiprevention.org or Suzanne Skaflestad at sskaflestad@wsdschools.org.

Winooski Food Shelf Schedule for August

By Linda Howe, Winooski Food Shelf Coordinator

Wednesday, August 8th	2p.m. to 4:30 p.m.	Pantry staples, meat, eggs and fresh veggies
Saturday, August 11th	9:30 a.m. to 11:30 a.m.	Fresh fruit, veggies, bread, pastry and deli items
Wednesday, August 22nd	2 p.m. to 4:30 p.m.	Pantry staples, meat, eggs and fresh veggies
Saturday, August 25th	9:30 a.m. to 11:30 p.m.	Fresh fruit, veggies, bread, pastry and deli items

Exciting news! During the summer and harvest season, the Intervale gardens are bringing fresh veggies to our Wednesday pantry days!

Where to find us: The Winooski Food Shelf is located in the United Methodist Church at the corner of West Allen and Follett Streets. There is a bus stop on that corner. We do not provide rides so please bring a wheeled

cart or suitcase and some reusable bags to lug your food home. The church phone number is 802-655-7371.

Donation drop off location: Sally's Flower Shop, 333 Main St., Winooski 655-3894 is happy to accept drop off donations of food and toiletries during business hours. Pets are also family members and we are always grateful for pet food donations. We especially need cat food.

Parklet

By Aphaia Lambert-Harper, Community Engagement & Volunteer Coordinator



The City of Winooski's first-ever parklet project is coming to Main Street! Parklets are public seating platforms that convert curbside parking spaces into vibrant community spaces. Most parklets have a distinctive design that incorporates seating,

greenery, and/or other pedestrian-friendly features.

On March 27th, 2018, AARP awarded the City of Winooski Community Services Department their Placemaking Demonstration Project Grant in the amount of \$3,000. These funds will be applied to creating a special seasonal parklet that will be located in front of 300 Main Street. Weather depending, the parklet will be installed on August 4th, 2018 and will remain on Main Street until October 2018 using on-street parking spaces. This small portion of Main Street offers easy access to new businesses, residential developments, and close proximity to the School District.

The AARP Grant focuses on helping communities create and

enhance physical spaces – encouraging livability, walkability, wellness, and healthy aging for seniors. By creating this parklet, The City aims to continue its efforts to increase pedestrian access to safe public places for all people to gather.

Community Services Departments will host three events during this project:

- Winooski Senior Center – **“Picnic in the Parklet,” August 7**, 12–1:30 pm
- Winooski Rec. & Parks – **“Play in the Parklet,” August 15** – 1–3 pm
- Winooski Memorial Library – **“Pop-up Library in the Parklet,” August 22**, 12–2 pm

In addition to small events hosted by the Community Services Department, the City of Winooski invites our community members, businesses, and organizations to lead activities or programs in the parklet! Dates are flexible between August and October. If you are interested in hosting a small, inclusive, free-and-open-to-all community event please contact: alambertharper@winooskivt.org / 802 655 6410.

For full program information, visit <https://www.winooskivt.org/parklet/>

Playgroup

By Martina Kerkering

Please join us in August for our Thursday (10am-12pm) field trips:

- 8/2, 8/9, 8/23 Landry Park
- 8/16 Shelburne Farms

Please email Martina for details: mkerkering@howardcenter.org.



Free Preschool Spots Available!

- Do you have a child that will be 4 years old before September 1st?
- Are you looking for a free preschool spot in Winooski? Our program offers free preschool from Monday-Friday, 8am-2pm, free meals and transportation (if necessary). Call 802-655-1422 or email mkerkering@howardcenter.org for more information!

Winooski Girl Scout Troop 30187

By Amy Lothrop

“Summer is a great time for Girl Scouts to get outdoors, attend camp and to undertake service projects. We have planned a trip to Get Air and Urban Camping for all troops. Several of our girls have attended Girl Scout camp as well.

In July the Daisies learned about being Responsible for What I Say and Do. We discussed how others depend on us when we are responsible for something, and talked about what we are each responsible for around the house and school. We played a fun game of Chore Charades, where we acted out jobs around the house, and enjoyed decorating Chore Charts to bring home.

Juniors are working hard on their Bronze Award project which is to support the Family room in a COTS' shelter. The Bronze Award is the third highest award a Girl Scout can earn. They must invest a minimum of 20 hours per girl. Their project must be sustainable and inspire others in their community to help support their cause. In June, they gathered to make no-sew fleece blankets and sew discovery games for toddlers. The Juniors made 18 blankets with the help of their sister Cadettes. They will also be creating other activity kits with friendship bracelets and also to make slime! They will be holding a bake sale and bottle drive to raise the funds needed to complete the project.



Half of the no-sew blankets

After the COTS Walk in May, they were surprised to learn that the majority of children who are homeless, are under the age of 8. They are taking action by creating Bedtime Buddy Bags to offer comfort. The bag will contain a pair of pajamas, a book, a blanket and a lovie (stuffed animal) in a tie dyed pillow case. If you would like to donate an item to the Bedtime Buddy Bag, please contact Amy Snow Lothrop at AmyLothrop@comcast.net or (802) 373-7288.

Cadettes have also been busy this summer. They earned their Cuisine badge by learning how to make dough for hand pies from scratch. It was challenging but they cannot wait to do it again. They also made a taco lunch for their sister Girl Scout Juniors. Three of the six Juniors will be moving up in the fall to the Cadette level. Afterwards, they stayed to help them with their Bronze Award project. They also plan to have fun at Get Air and Urban Camping in August.

Our troop is looking for a community member to help us with sewing projects 2-3 times a year for a couple of hours.

If this sounds like an adventure to be a part of, please contact Amy Snow Lothrop at AmyLothrop@comcast.net or (802) 373-7288. Our mission is to develop girls of courage, confidence and character who make the world a better place. We are open to all girls from K-12th grade.



Above: Shopping for Bronze Award supplies.

Right: Making a masterpiece.



Girl Scouts
Where Girls Grow Strong™



Tie dying in progress



Making discovery toys



Sewing the toys

Senior Center — August Update

By Barb Pitfido, Winooski Senior Programs Manager

TIME TO JOIN THE SENIOR CENTER!

It's that time of year when you make your annual \$5.00 donation to the Senior Center for your membership dues. In addition to receiving a card for a FREE meal, you will now receive a 10% discount on any adult City Recreation programming. Stop by the office and sign up today! Your donation helps fund our meal site, programming and events. Come join us! We are a HOOT!

UPCOMING ACTIVITIES:

Special Senior Lunches:

- 8/7 - Picnic in the Parklet
- 9/11 - Senior BBQ

Special Event:

- 8/21 - National Senior Citizen's Day!
Come & have your photo taken!

Open House Time:

- Wednesdays 1-3pm Free Activities (cribbage, games, crafts)

Tech Buddies:

- Wednesday appointments - 12:30pm & 1pm

Do Drop In - Coffee & Conversation:

- Mondays 9-11am

Tai Chi - with Elizabeth Wirls:

- Mondays 10-11am Sun 73 (Long form) & 11am-12pm (Seated)

Coffee Talk - Coffee & topic discussions:

- Wednesdays 9-11am

Brown Bag BINGO!

- Thursdays at 12:30pm

BINGO! Theme Days:

- August 16 - Elvis "Blue Hawaii"
- September 20 - Pirate Day
- October 25 - Halloween

Senior Planning Meetings:

- August 1 • September 5

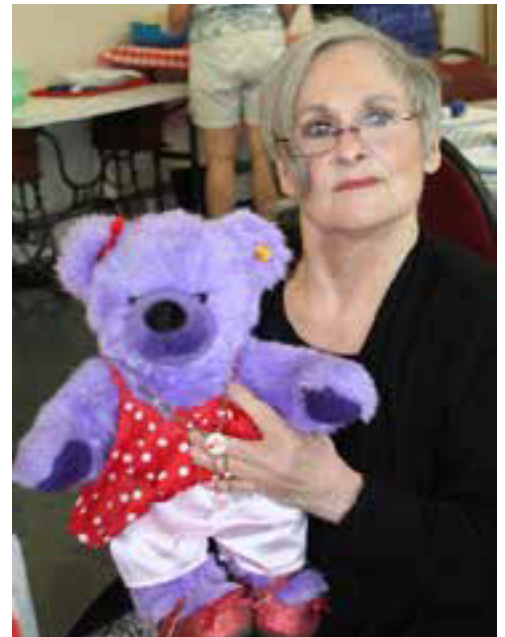
NOTICE: The Center will be closed August 14th for Voting.

The Winooski Senior Center... the most exciting place in Winooski!

We are located at 123 Barlow Street. Plenty of free parking & handicapped accessible. Office hours are 8:30am - Noon (Monday - Friday). You can reach us by phone at: 655-6425 or email at: seniorcenter@winooskivt.org



Caption here explaining what is going on with all these teddy bears!



Stay up to date! Visit us on Facebook at: <https://www.facebook.com/winooskiseniorcenter/> OR see our live online monthly activity calendar at: <http://www.winooskivt.org/senior-programs/>

Newsletter of the Winooski School District

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WSD ENDS STATEMENT

All students will graduate from the Winooski School District (WSD) college and career ready at a cost supported by a majority of the Winooski community. WSD students will lead healthy, productive and successful lives and engage with their local and global community.

ABOUT OUR DISTRICT

The Winooski School District is a PreK through 12 system that is housed in one educational center. At press time, there were 884 students attending JFK Elementary and Winooski Middle/High School (grades PreK-12).

One of the most diverse school districts in the state of Vermont, Winooski's teachers and staff are highly involved in professional development programs that help increase student achievement, address the needs of a diverse student population, and allow students to thrive in an engaging environment with high expectations.

"District News!" is published by the Winooski School District, 60 Normand Street, Winooski, VT 05404. Anne Linton Elston, Editor. Phone: 802-655-0942. Email: aelston@wdschools.org